



2017
Springs Brook Park
www.bedfordrecreation.org

This summer open Tuesday - Saturday!
Registration opens: April 24, 9:00pm

PARK INFORMATION

Registration opens April 24, 9:00pm



181 Springs Road

2017 Staff

Director: Matthew Mulrooney

Assistant Director: Braden Chagnon

Administrative Coordinator: Raeann Gembis

Operations Manager: Chris Wesinger

Aquatics Supervisor: Melanie Canales

Aquatic Staff: Lifeguard Training Certified

SBP Crew: Bedford High School Students

serving as Admission Attendants, Concession Salespeople,
Swim Aides, Activity Assistants, Equipment Managers
and Slide Aides

Introducing the new Directors of SBP:

Matt Mulrooney, Director

Matt holds a BBA in International Business and a Master's in the Art of Teaching. He currently teaches Spanish and French at Chelmsford High School. Matt has been a self-proclaimed fish since a very young age, his love of swimming evolving into lifeguarding, teaching swimming, competing on and coaching swim teams. He has experience managing seasonal waterfronts as well as experience operating his own swim program, ACES Aquatics, that offers swim instruction and swim team.



Braden Chagnon, Assistant Director

Braden holds a BA in Psychology as well as a MA Teaching License. He teaches English and Social Studies at the Marshall Middle School in Billerica. Braden has many years' experience as a lifeguard and swim instructor. He has also been the leader of summer teen adventures programs.



HOURS OF OPERATION 2017

Park will be open on Saturdays in 2017!

June 7— August 18* Tuesday through Saturday

10:30 AM - 7:30 PM (gate closes promptly at 7:45 PM)

Pond dock available for lessons only.

***Closing date subject to staff availability.**

MEMBERSHIP & ADMISSION

2017 PARK MEMBERSHIP



Membership purchase online, at Recreation Office, by fax or at SBP
(Visa, MC, AmEx, Discover, cash, check to "Town of Bedford")



- **SEASON MEMBERSHIP 2017**

Purchase at the Recreation Office or at the Park (until 4:00pm).

Membership forms included in this booklet. New: Membership is required for Lesson Registration.

Membership purchased on or before 6/1 receive One Day Use Passes for guests— see box below for detail.

FULL MEMBERSHIP: Admission during all hours of operation.

PRICES:	BEDFORD RESIDENT	NON-RESIDENT
Individual	\$140	\$180
Family*	\$375	\$475

LIMITED MEMBERSHIP: Admission limited to: Weekdays after 4:00pm and all day Friday-Saturday.

PRICES:	BEDFORD RESIDENT	NON-RESIDENT
Individual	\$90	\$110
Family*	\$250	\$350

**Family Membership includes a primary member, his/her spouse and children 22 and under. There is an additional fee for extended family members/daycare children. No membership required for children under age 1.*

- **BEDFORD SENIOR CITIZEN (age 65+) \$50**

Must either be registered with the Recreation Dept. or show ID with date of birth and address at the Park.

- **STUDENT MEMBERSHIP (Bedford Middle and High School Students) \$25**

FOR MEMBERS ONLY!

If you purchase a full Summer Membership for the park **on or before June 1, 2017**, you will receive one-time use Day Passes for guests. Full Family Membership—6 passes, Full Individual Membership—2 passes. Limited Family Membership—4 passes, Limited Individual Membership—1 pass. Passes will be mailed before the park opens.



BEDFORD RESIDENT DAILY ADMISSION

(Cash Only, ID Required)

Tuesday-Saturday \$10/person (age 1 and up) Max. \$35/Family Rate

Sun. & Mon.: Closed

Please Note: Only Bedford residents may visit on a "Daily Admission" basis. All others must have membership to visit Springs Brook Park.

AFTER 4:00 P.M.: \$7/person. Max: \$25/Family Rate; **NO FEE AFTER 6:00pm**



BEDFORD RESIDENT AND MEMBER GUEST POLICY

Bedford Residents and Members may bring guests; the guest fee is \$10/person (no maximum guest fee).
Guests must be accompanied by host resident or member.

PARK RULES

1. Babies must wear a snug suit over diapers and swim diapers.
2. Balls and flotation devices are not permitted in the water.
3. Coast guard approved life jackets/vests for boating may be worn; must be fitted properly.
4. Lap lanes are for lap swimming only.
5. Whistle System -
 - 1 blast - getting a swimmer's attention
 - 2 blasts - getting another guard's attention
 - 3 blasts - Emergency - clear the water
6. Children must be supervised at all times.
7. Children ages 11 and under must be accompanied by an adult while in the Park.
8. Swimming is only permitted in areas supervised by lifeguards.
9. Water slide is only open when supervised by lifeguards. Dock is only open for swim lessons; it is not open to the general public.
10. Slide, Concession, Paddleboard/Kayak hours posted at Bathhouse.
11. If thunder is heard, water cleared and swimmers permitted back in the water 30 minutes after the last clap of thunder.
12. Cars are not permitted past the front gate. The only exception is for handicapped parking with placard.
13. Alcoholic beverages and glass containers are not permitted.
14. Smoking is not permitted on any park grounds, including parking areas.
15. Dogs/pets not permitted on the grounds.



PARK AMENITIES

- WOODED/SHADED PICNIC GROVE WITH TABLES AND GRILLS
- CONCESSION STAND
- SPRAY PARK
- ELEMENTARY PLAYGROUND
- SAND VOLLEYBALL COURT
- HALF COURT BASKETBALL COURT
- WALL BALL
- ENTERTAINMENT
- FULL RESTROOMS
- GAGA PIT
- TODDLER PLAYGROUND
- MINIATURE GOLF
- TETHER BALL
- STAND UP PADDLE BOARDS AND KAYAK
- SHADE STRUCTURES
- SHALLOW POND SPRAY FEATURES
- SAND BEACH (BRING BEACH TOYS!)
- ZERO DEPTH ENTRY
- WATER SLIDE
- OUTDOOR RINSING SHOWERS
- SWIMMING LESSONS
- PLANNED ACTIVITIES

KAYAKS AND PADDLEBOARDS

Paddle around on our Kayaks and Paddleboards! The schedule of availability will be posted at the bathhouse (usage limited to when the area is not used for swim lessons or Summer Adventure Free Swim). For all ages; children age 11 and under must be signed in by a parent at the dock beach and children age 7 and under must be accompanied by an adult. Life vests required; available at the park or you may bring your own Coast Guard approved vest. No Fee

LAP SWIMMING

The Park has three 50-yard lanes available during park hours for lap swimming.

SPECIAL EVENTS & PROGRAMS

PERFORMERS

~ *Boston Magician-Juggler Robert Illgen* ~

Saturday, June 10 at 2:30

A high-energy, fun-filled family show, Robert brings the audience on a roller coaster of belly laughs and cheers while adding his own magic touch!

~ *The Ooch Experience* ~

Saturday, June 24 at 2:30

That's what you get when you combine Yo-Yos, music, dance and a dash of crazy!

~ *Brain Circus* ~

Thursday, June 29 at 3:00

Let the fun begin! Juggling, balancing, spinning, hula hooping and stomping....join the circus!



~ *Reptiles Rock* ~

Saturday, July 8 at 1:30

An herpetologist will introduce you to an array of reptiles such as a monitor lizard, 10ft python and more!

~ *Marvelous Marvin: Laugh Counts* ~

Thursday, July 13 at 3:00

A family friendly blend of magic, juggling, comedy and audience participation.

~ *Silly Willy* ~

Saturday, July 22 at 1:30

A kick off to Summer with an SBP favorite!
A mix of clowning around, magic, fun and balloon creations!

~ *Magic with Evan Northrup* ~

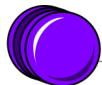
Tuesday, July 25 at 3:00

Evan takes an outside-the-box look at magic and storytelling. Each show has a character all its own!

~ *Yoyo Guy* ~

Tuesday, August 8 at 3:00

World Champion & Guinness World Record holder, John Higby, will wow us with his unique yo-yo show, unicycle and comedy! An SBP favorite!!



4th of July Celebration

Celebrate the 4th of July with us!
Events, games and festivities all day....

~ *YOYO GUY 1:30* ~

World Yo-Yo Champion and Guinness World Record holder, John Higby will wow us with his unique high energy yo-yo, unicycle and comedy!



~ *Watermelon served at 2:30* ~

~ *DJ Mike Pride 3:00-5:30* ~

Join the party with music, dancing and games!

SPECIAL EVENTS

~ *Invasion of the Minions!* ~

Tuesday, July 18 from 3:00-4:30

Let's see what kind of trouble this bright yellow, fun-loving visitor can stir up! Lots of fun, laughs and some special balloon creations!

~ *Kendama Show & Workshop* ~

Tuesday, August 1 at 3:00

Try this traditional Japanese skill toy, it's just amazing what you can do with this funky toy!



~ *Celebrate Summer with DJ Mike Pride* ~

Saturday, August 12 at 2:30-5:00

Join the party with music, dancing and games!

WEEKLY FUN

~ *The Lifeguard Challenge, Wednesdays at 3:15* ~

Join the Lifeguards for a game of their choice. Ages TBA.
(June 28 - August 9)

~ *SBP Arts and Crafts, Thursdays at 3:15* ~

Create with the Crew! Ages 6-10 on their own, ages 3-5 w/parent.
(July 6- August 10, not held on July 13)

Saturdays: Some Saturdays, depending upon staff availability, there will be activities scheduled. TBD

Additional events/updates will be announced at the Park, on our Facebook page, Twitter and on the Recreation Department website.

SWIM LESSONS

Register: **Before Park Opens** - Online, at Recreation Office or by fax (Visa, MC, AmEx, Discover, cash, checks made out to "Town of Bedford").

Once Park Is Open - Swim lesson registration taken at Springs Brook Park ONLY.

Please note: We no longer offer Red Cross lessons. We have restructured our lessons to a different format that aligns with the structure of Springs Brook Park. Descriptions are found on the next page to assist you in registering your child for the correct level. If you are uncertain, please call the office for assistance. Children will be tested the first day and if they are not in the correct level, we cannot guarantee space in the correct level. We have records from last year to assist you with placement for this summer, so we encourage you to call the Recreation Office for placement assistance before registering if you are uncertain.

SWIM LESSON FEES: Per Session

PLEASE NOTE: PARK MEMBERSHIP IS REQUIRED TO REGISTER FOR LESSONS.

Session 1: **Resident Members:** \$78

Non-Resident Members: \$96

Session 2 & 3 **Resident Members:** \$90

Non-Resident Members: \$110



REGISTERING FOR MULTIPLE SESSIONS OF SWIM LESSONS???

If your child is registered for more than one session, please check with your child's instructor during the second week of the lessons to ensure that you have your child correctly placed for the next session. Notify a Director of any changes.

DAY LESSONS: Classes held Tuesday through Friday. Students must be age 4 or older when the class starts. Lessons held rain or shine unless thunderstorm. Children age 11 or younger must be accompanied by an adult in the Park during swim lessons. Must have a Full Park Membership to register for lessons.

OPTIONS:

Session I (July 5—July 14) *no class Tues. 7/4

Session II (July 18—July 28)

Session III (August 1—August 11)

12:45-1:25

Starfish
Guppy
Sunfish
Stingray
Seal

1:30– 2:10

Starfish
Guppy
Sunfish
Stingray
Seal
Dolphin

2:15-2:55

Starfish
Guppy
Sunfish
Stingray
Seal

LATE DAY LESSONS: Classes held Tuesdays and Wednesdays. Students must be age 4 or older when the class starts. Lessons held rain or shine unless thunderstorm. Children age 11 or younger must be accompanied by an adult in the Park during swim lessons. Must have Full or Limited Park Membership to register for lessons.

LATE DAY SESSION: Tuesdays & Wednesdays (June 27—July 25) *no class 7/4. Rain make up date: July 26

4:00-4:40

Starfish
Guppy
Sunfish
Stingray
Seal

4:45– 5:25

Starfish
Guppy
Sunfish
Stingray
Seal
Dolphin

5:30-6:10

Starfish
Guppy
Sunfish
Stingray
Seal

SWIM LESSONS

PRIVATE/SEMI-PRIVATE SWIM LESSONS for Members only

For children (ages 3+) and adults. During non-swim lesson hours and instructors' off-duty time. Private Lesson requests taken at Park only. High demand, first come, first served. Limited availability, not guaranteed. Checks payable to "Town of Bedford."

PRIVATE: 1 student \$25/hour, \$20/half hour



SWIM LESSON LEVELS



SWIM LESSON LEVELS

(AGES 4+ WHEN THE CLASS STARTS)

- Please make sure that your child is appropriately placed. There is no guarantee of availability in other classes if child is in the wrong level (we test first class).
- It is very common for students to remain in the same level for more than one session.
- Children ages 4 and 5 must start in Starfish or Guppy unless parents speak with a Director for exception.
- **Students must be able to complete all skills consistently in order to move to the next level.**

STARFISH (previous Level 0)

(min 5/max 7 students)

Designed for children who are not comfortable in the water, who will not submerge face or head.

1. Enter the water without support
2. Exit the water without support
3. Bob in chest deep water
4. Blow bubbles
5. Feel comfortable submerging entire head



GUPPY (previous Level 1)

(min 5/max 7 students)

1. Front Float without support of instructor (face fully submerged)
2. Back Float without support
3. Transition from a front float to a back float with the support of the instructor.
4. Front glide with support of instructor while submerging face.
5. Back glide with support of instructor.
6. Bob while fully submerging head.
7. Simultaneous leg and arm action with support of the instructor.

SUNFISH (previous Level 2)

(min 5/max 7 students)

1. Front Float without support of instructor (face fully submerged)
2. Back Float without the support of instructor
3. Introduction to arm and leg movements for treading water.
4. Jump in water over head and swim to ladder.
5. Front glide without support of instructor while submerging face.
6. Back glide without support of instructor.
7. Front Crawl while face is in the water without support of the instructor, no rotary breathing. Arms must exit the water.
8. Back Crawl without support of the instructor. Arms must exit the water.

STINGRAY (previous Level 3)

(min 5/max 8 students)

1. Front crawl with rotary breathing (Distance: Inside dock to the beach)
2. Back Crawl (Distance: Inside dock to the Beach)
3. Elementary Backstroke (Distance: Inside dock to beach)
4. Tread water for approximately 20 seconds using one kick.
5. Introduction to scissor kick.

SEAL (previous Level 4)

(min 5/max 8 students)

1. Breaststroke (Distance: Inside dock to the beach 2X)
2. Sidestroke (Distance: Inside dock to the beach 2X)
3. Elementary Backstroke (Distance: Dock to ropes)
4. Front Crawl (Distance: Dock to ropes)
5. Butterfly (Distance: Inside dock to the beach 2X)
6. Back Crawl (Distance: Dock to ropes)
7. Tread water

DOLPHIN (previous Level 5)

1. (min 5/max 8 students)

1. Breaststroke (Distance: 2 lengths of lap lanes)
2. Sidestroke (Distance: 1 length of laps lanes)
3. Elementary Backstroke (Distance: 2 lengths of lap lanes)
4. Front Crawl (Distance: 2 lengths of lap lanes)
5. Butterfly (Distance: 1 length of laps lanes)
6. Back Crawl (Distance: 2 lengths of lap lanes)
7. Tread water



WATER FAQ'S

HOW IS THE POND WATER TREATED?

What is used to treat the water? The water in the pond is treated with liquid chlorine (sodium hypochlorite).

What is the capacity of the chlorine tank and how often is it replenished? The tank holds approximately 500 gallons of chlorine. The supply is kept uninterrupted, with deliveries as needed and typically more than once per week.

How is chlorine flow determined? Chlorine flow (stroke and speed) to the pond is set to the level required to maintain a constant reading of free chlorine between 1.5 ppm and 3 ppm.

How often are chlorine levels measured and adjusted? Chlorine, pH and alkalinity levels are tested prior to opening each day and then at least once again during the day (more often when conditions are extreme). Records of the readings are maintained.

What determines rate of chlorine use? Many factors determine the rate of use, including sunlight, heat and bather load among others.

Laboratory Testing: Water samples from four locations in the pond are taken weekly and analyzed at a private laboratory. Lab results are sent directly to the Bedford Board of Health.

Is the water filtered? The pond water is continuously filtered 24/7 throughout the season of operation. The filter is backwashed as needed, but at least twice per day.

SPRINGS BROOK EMPLOYMENT OPPORTUNITIES

LIFEGUARDS and SWIM INSTRUCTORS (minimum age: 16 as of June 6, 2017). Must have current Lifeguard Training, CPR, and/or Water Safety Instructor certification. Rate start at \$15-\$19 per hour* and are based on experience, certification and availability. Accepting applications until all positions are filled. 50% reimbursement of Lifeguard Training certification at end of summer. (*rates contingent upon Town Meeting approval)

LIFEGUARDING AND WSI COURSES:

Classes for Lifeguard Training and WSI (Swim lesson instructor training) are held at local facilities during April Vacation week and throughout the Spring. Check the Red Cross website for details. www.bostonredcross.org/courses

Lifeguard Training: minimum age 15. Must pass swim test. Total hours 28.5

WSI (Water Safety Instructor): minimum age 16 by course completion. Must pass swim test. Total hours 30

~ LIFEGUARD AND SWIM INSTRUCTOR EMPLOYMENT INFORMATION NIGHTS ~
Tues. May 16, 6:30-7:30pm and Thursday, May 18, 8:00-9:00pm

CREW POSITIONS: Open to Bedford residents only

Interviews will be held in mid-May. Application deadline: May 1. May apply for more than one position. Please specify on application position(s) of interest. Very flexible schedules are available.

Park and Amenities Attendants: (min. age: 14 by June 6, 2017) Attendants are needed to greet park guests, assist with amenities/events and assist with daily ongoing maintenance needs.

Swim Aides: (min. age: 14 by June 6, 2017) Aides do not teach swimming, but assist the instructors with class safety. Must enjoy working with children and swimming.

Concession Staff: (min. age: 15 by June 6, 2017) Prepare food, serve customers, daily maintenance of the concession stand and park.

Grounds Maintenance: (min. age: 14 by June 6, 2017) Responsible for landscaping, grounds, facility maintenance.

APPLICATIONS: Town of Bedford applications for Recreation Department employment may be found online at: www.bedfordrecreation.org or may be picked up at the Recreation Office.

SPRINGS BROOK PARK Registration Form: page 1 of 2

Last Name: _____ Phone: (____) _____

Address: _____ Town/Zip _____

If registering for swim lessons, please indicate parent work & emergency phone #'s :

Work /Cell# (mother) _____ Work/Cell # (father) _____

Emergency name and # other than parent _____

E-mail Address: _____

- | | | |
|---|------------------------|----------------------------|
| • <u>FULL MEMBERSHIP</u> | <u>Resident</u> | <u>Non-Resident</u> |
| Individual: | \$140 | \$180 |
| Family: | \$375 | \$475 |
| • <u>LIMITED MEMBERSHIP</u> | <u>Resident</u> | <u>Non-Resident</u> |
| Individual: | \$90 | \$110 |
| Family: | \$250 | \$350 |
| • <u>Bedford Middle School or High School Student</u>: \$25 | | |
| • <u>Bedford Senior Citizen (65+)</u>: \$50. (must show ID with date of birth at Park) | | |

*<u>LESSONS:</u>	<u>Resident:</u>	<u>Non-Resident:</u>
Day Session I	\$78	\$96
Day Sessions II, III	\$90	\$110
Late Day Session	\$90	\$110
* <i>Must have membership to register for lessons</i>		

MEMBERSHIP SUMMER 2017

List family members (immediate family only - father, mother, children living at same address)

Name: _____	Age: _____	Name: _____	Age: _____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Total Membership Fee: _____ ☐ Full Membership ☐ Limited Membership

Payment Information

Membership Fee: \$ _____ Swim Program Fees: \$ _____ Contribution to Neighbors Fund: \$ _____

TOTAL FEE DUE: \$ _____

Payment Type: ☐ Cash ☐ Check ☐ Credit Card #: _____ Exp. Date: _____

I, the undersigned [mother/father/legal guardian] of _____, a minor, do hereby consent to his/her participation in the swim program, run by the Bedford Recreation Department and do forever RELEASE, acquit, discharge and covenant to hold harmless the Town of Bedford, and the Town of Bedford Recreation Department and all of its employees and agents from any and all actions, causes of action, and claims, including, but not limited to negligence, on account of, or in any way growing out of, directly or indirectly, all known and unknown personal injuries or property damage occurring while participating in any part of the swim program, wherever it occurs, which I may now or hereafter have as the parent of said minor, and also any and all claims, actions, causes of actions, including, but not limited to negligence which said minor has or hereafter may acquire, either before he/she or after he/she has reached his/her majority resulting from his/her participation in the Town of Bedford Recreation Department's swim program.

I consent to the use of my minor child(ren)'s/my own name, picture and/or likeness in any broadcast, photographs, motion pictures, recordings, or other accounts of any program(s), operations, activities, projects, events or tours organized, operated and/or sponsored by the Town of Bedford, and the Town of Bedford Recreation Department and all of its employees and agents, unless I notify the Town of Bedford Recreation Department in writing that I withdraw my consent.

Signature: _____ Date: _____ (parental if participant is under 18 years of age)

SPRING BROOK PARK REGISTRATION FORM (Page 2 of 2)

***Membership required to register for Swim Lessons.**

SPRINGS BROOK PARK SWIM LESSON REGISTRATION FORM - Child 1

Student's Name: _____ Sex: M / F Birthdate _____ AGE _____

Special Needs/Concerns: _____

Late Day: Session: Level: _____ Time: _____ *Alternate if time full:* _____

Session 1: Level: _____ Time: _____ *Alternate if time full:* _____

Session 2: Level: _____ Time: _____ *Alternate if time full:* _____

Session 3: Level: _____ Time: _____ *Alternate if time full:* _____

SPRINGS BROOK PARK SWIM LESSON REGISTRATION FORM - Child 2

Student's Name: _____ Sex: M / F Birthdate _____ AGE _____

Special Needs/Concerns: _____

Late Day: Session: Level: _____ Time: _____ *Alternate if time full:* _____

Session 1: Level: _____ Time: _____ *Alternate if time full:* _____

Session 2: Level: _____ Time: _____ *Alternate if time full:* _____

Session 3: Level: _____ Time: _____ *Alternate if time full:* _____

SPRINGS BROOK PARK SWIM LESSON REGISTRATION FORM - Child 3

Student's Name: _____ Sex: M / F Birthdate _____ AGE _____

Special Needs/Concerns: _____

Late Day: Session: Level: _____ Time: _____ *Alternate if time full:* _____

Session 1: Level: _____ Time: _____ *Alternate if time full:* _____

Session 2: Level: _____ Time: _____ *Alternate if time full:* _____

Session 3: Level: _____ Time: _____ *Alternate if time full:* _____

SPRINGS BROOK PARK SWIM LESSON REGISTRATION FORM - Child 4

Student's Name: _____ Sex: M / F Birthdate _____ AGE _____

Special Needs/Concerns: _____

Late Day: Session: Level: _____ Time: _____ *Alternate if time full:* _____

Session 1: Level: _____ Time: _____ *Alternate if time full:* _____

Session 2: Level: _____ Time: _____ *Alternate if time full:* _____

Session 3: Level: _____ Time: _____ *Alternate if time full:* _____

Additional forms @www.bedfordrecreation.org



BEDFORD RECREATION DEPARTMENT
12 MUDGE WAY
BEDFORD MA 01730-2165

Standard Mail
Postage Paid
Permit 42
Bedford MA 01730

RESIDENTIAL
POSTAL CUSTOMER
BEDFORD MA 01730



RECREATION OFFICE

781-275-1392
781-687-6156 (fax)
Office Hours: M-F, 8:00A-4:00P

RECREATION DEPARTMENT

Amy Hamilton, Director
Raeann Gembis, Adult Coordinator
Nikki Taylor, Youth Coordinator
Michelle Racette, Administrative Assistant
Leslie Ringuette, Department Clerk

RECREATION COMMISSION

Ron Richter, Chair
Virander Kaushik
Tom Mulligan
Mike O'Shaughnessey
Robin Steele



Check us out on Facebook; follow us on Twitter @BedfordRecMa